

Healthy Heart

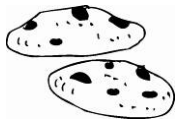
Choosing Healthy Foods

Name: _____

Circle four foods that would make the most healthful breakfast.



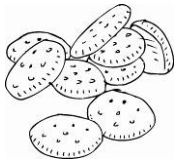
100% Juice



Bagel



Circle four foods that would make the most healthful lunch.



Baked Crackers



String Cheese



Circle five foods that would make the most healthful dinner.



Potato



Meat



Cupcake



Developed by: Denise Zimmer, R.D., Eat Smart Be Smart Guide: Lesson 1st—Healthy Heart

Eat Smart Be Smart

Design by K. Pullman RD, LN—2008